

I AM PEACE

A Book of Mindfulness



There are times when I worry about
what might happen next
and what happened before.





The thoughts in my head
are like rushing water
and I feel like a boat
with no anchor...



...being carried away.



I give myself a moment.

I take a breath.

And then I tell myself:

It's alright.

I feel the ground beneath my feet
and steady myself



and start to notice

the *Here* and the *Now*.



My thoughts begin to settle.

My mind begins to clear.

I am *Peace*.



I can watch my worries gently pop and disappear.

I let things go.

I can say what I feel *inside* out loud.

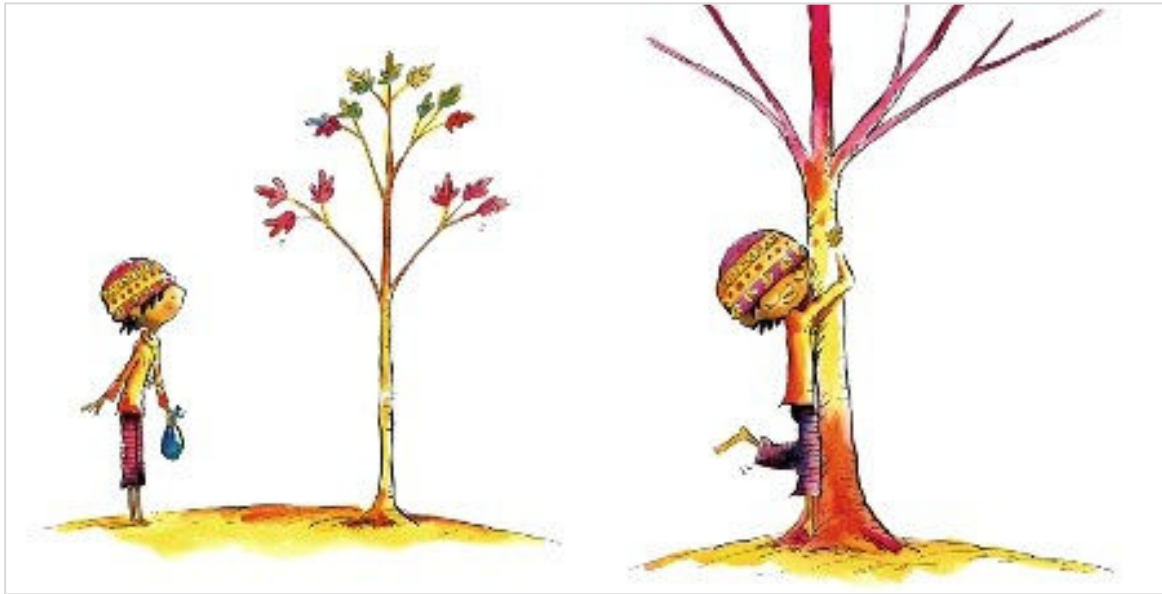
I know myself.



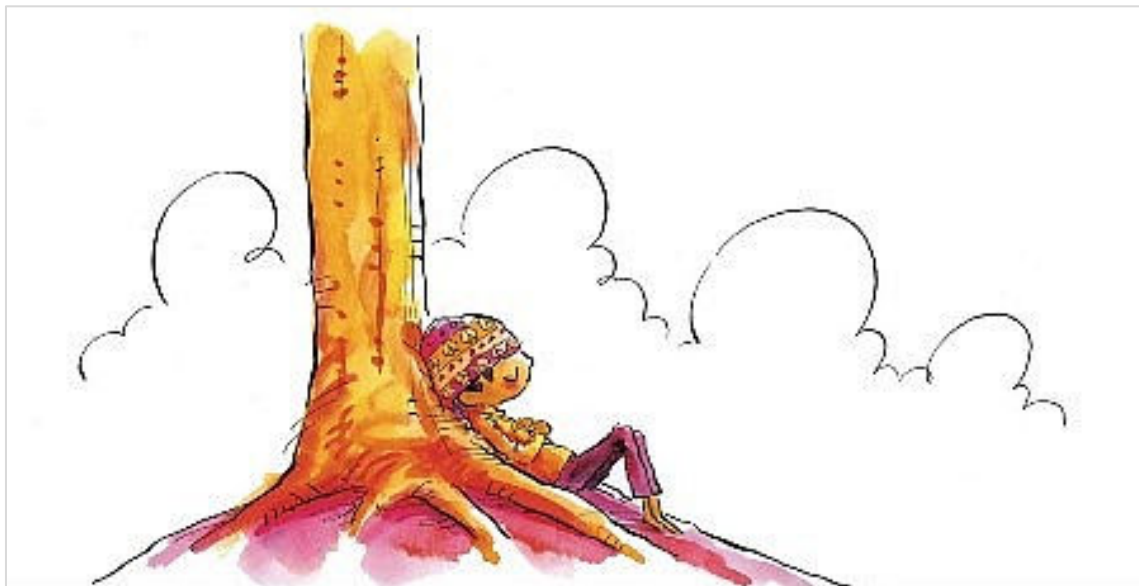
I can share kindness with others.

I make a difference.





I can hug a tree
and thank it for its beauty and strength.
I connect to nature.

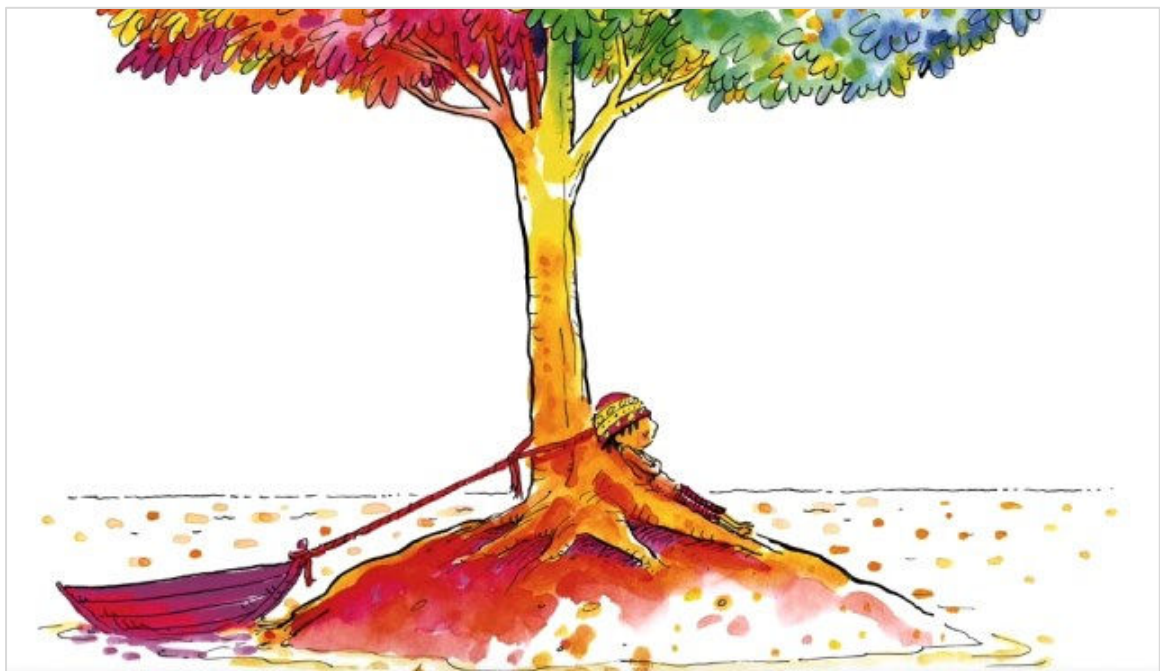


I can watch the clouds
make shapes against the sky.
I know wonder.



I can taste and smell
and touch and hear
and see what is all around me.
I use my senses.

I can feel my breath
fill my whole body.
I tune into me.



Now the water is still.
I have found my anchor, and everything is alright.

I don't need to worry about before or after.

I am in *this* moment.

I am *Peace*.



Now I share my peace with others
and hope that it is carried away to those who need it.

And I dream...

we are *Peace*.



Susan Verde
I Am Peace: A Book of Mindfulness
Abrams Books for Young Readers 2017